

The Main List

Work - Computer

- _____
- _____
- _____
- _____

Personal - Computer

- _____
- _____
- _____
- _____

Personal - Calls

- _____
- _____
- _____
- _____

Personal - Physical

- _____
- _____
- _____
- _____

Personal - To Buy

- _____
- _____
- _____
- _____

Personal - Errands

- _____
- _____
- _____
- _____

The **Weekly** List

Top 3 priorities this week	When I plan to do this
<input type="checkbox"/> _____	Day _____
<input type="checkbox"/> _____	Day _____
<input type="checkbox"/> _____	Day _____

Other things I can get to this week	When I plan to do this
<input type="checkbox"/> _____	Day _____
<input type="checkbox"/> _____	Day _____
<input type="checkbox"/> _____	Day _____
<input type="checkbox"/> _____	Day _____
<input type="checkbox"/> _____	Day _____
<input type="checkbox"/> _____	Day _____
<input type="checkbox"/> _____	Day _____
<input type="checkbox"/> _____	Day _____
<input type="checkbox"/> _____	Day _____

Themes for each day
S _____
M _____
T _____
W _____
T _____
F _____
S _____

Habit tracker
<i>Meditate</i> ○○○○○
_____ ○○○○○
_____ ○○○○○

Looking ahead
Anything next week I need to be thinking about


The Daily List

Top priority today

Today I'm grateful for:

Other priorities:

- _____
- _____
- _____
- _____
- _____
- _____
- _____

Hour by hour 

- 7am _____
- 8am _____
- 9am _____
- 10am _____
- 11am _____
- 12pm _____
- 1pm _____
- 2pm _____
- 3pm _____
- 4pm _____
- 5pm _____
- 6pm _____
- 7pm _____

Snack size to dos

- _____
- _____
- _____
- _____
- _____

Mindful Moments

- _____ ●
- _____ ○
- _____ ○
- _____ ○

Tomorrow's priorities

Anything the week after next I need to be thinking about?

- _____
- _____